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**SECOND SESSION**

These recipes are  
demonstrated at the  
second session of the  
cooking school.

*Presented by*

*Mary Cullen's*

**HOUSEHOLD ARTS  
SERVICE OF**

**The JOURNAL**

**Portland, Oregon**

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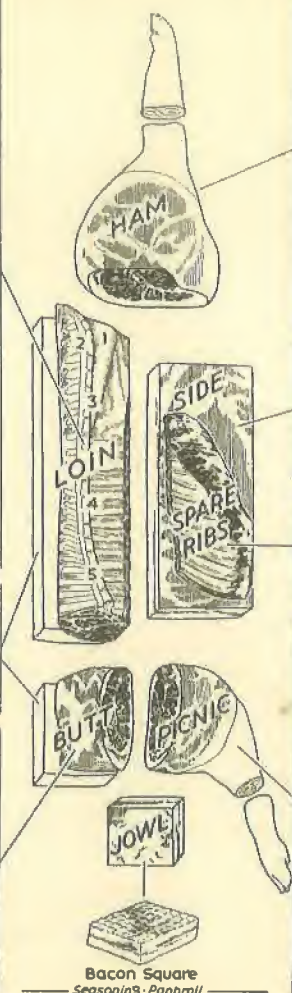


# PORK Cuts • and How to Cook Them

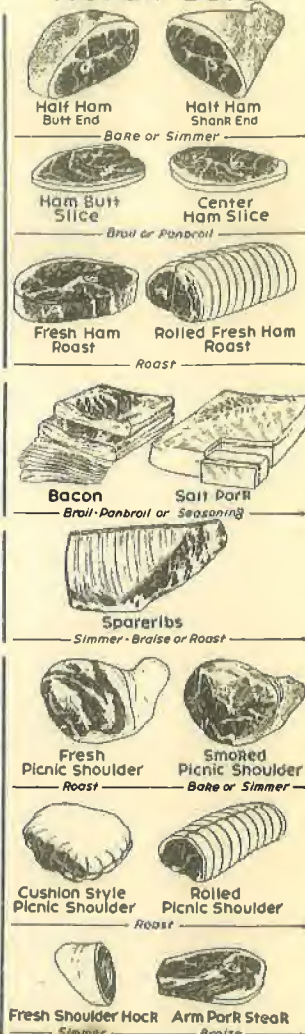
## Retail Cuts



## Wholesale Cuts



## Retail Cuts



NOTE: Beef Chart printed in booklet for first session.

Veal Chart printed in booklet for third session.

Lamb Chart printed in booklet for last session.

# Fitting Foods to Figures

## 1—ROAST BEEF SUPERB

Select a two or three standing rib roast. Wipe with a damp cloth and rub with salt and pepper. Place the roast in a dripping pan with the fat side up. Make a small incision through the fat covering and insert a roast-meat thermometer so that the bulb reaches the center of the roast. Do not cover the roast and do not add any water. Place the meat in a slow oven (300° F) and roast to the desired degree of doneness. The roast-meat thermometer will register 140° F for a rare roast; 160° F for a medium roast, and 170° F for a well-done roast. Allow 18-20 minutes to the pound for cooking a rare roast, 22-25 minutes to the pound for a medium, and 27-30 minutes to the pound for a well-done roast. A four pound roast will serve 6-8 people.

## 2—PORK STEAKS WITH CREOLE SAUCE

6 pork shoulder steaks  
Salt and pepper

Wipe the meat with a damp cloth. Brown in hot skillet in fat which cooks from the meat. Season. Cover with Creole Sauce. Cook in moderate oven (350° F) for one hour. Serves 6.

### Creole Sauce

¼ cup grated onion  
1 minced clove garlic  
½ tablespoon chopped parsley  
½ cup sliced mushrooms  
¼ cup minced green pepper  
1 tablespoon lard  
1 tablespoon flour  
2 cups tomato juice  
1 teaspoon salt  
1 teaspoon sugar  
½ cup sliced stuffed olives

Cook the chopped vegetables in the lard until brown. Add the flour and stir until smooth. Gradually add the tomato juice and seasonings. Pour over pork steaks.

## 3—GOLDEN GLORY CAKE

4½ cups cake flour  
4 teaspoons baking powder  
1½ teaspoons salt  
1 cup lard  
2½ cups sugar  
4 egg yolks  
1½ cups canned unsweetened pineapple juice  
1½ teaspoons vanilla  
4 egg whites

Sift flour, measure and sift again with the baking powder and salt. Cream lard, gradually add the sugar and cream thoroughly. Add unbeaten egg yolks and beat well. Alternately add the sifted dry ingredients with the pineapple juice. Add vanilla. Mix until smooth. Fold in the egg whites beaten until stiff but not dry. Bake in three 8-inch layers in a moderately hot oven (375° F) for 25 to 30 minutes.

### Golden Glory Icing

¼ cup butter  
¼ teaspoon salt  
2 egg yolks  
¼ cup canned crushed pineapple  
6 cups sifted confectioner's sugar  
¼ cup pineapple juice

Cream butter and salt with egg yolks. Add well drained pineapple and sugar. Add pineapple juice gradually to make proper consistency.

## 4—ROUND STEAK ROLLS

2 pounds round steak  
6 slices bacon  
2 medium onions  
Salt and pepper

Buy round steak cut one-half inch thick. Wipe meat with a damp cloth. Cut into six servings. Brown the diced bacon and chopped onions. Spread on meat which has been seasoned with salt and pepper. Roll, fasten with slivers. Brown in the remaining bacon fat. Add one-half cup water, cover, reduce heat and simmer gently for 1½ hours. These may be finished in a moderate oven (350° F). Serves 6.



**5—PIE MIX**

- 6 cups flour
- 4 teaspoons salt
- 2 cups lard

Sift flour, measure and add salt. Cut lard into flour and salt with a fork or pastry blender until the crumbs are coarse and granular. Cover and place in refrigerator until ready to use.

**6—THE PERFECT CUSTARD PIE**

- 1 1/4 cups Pie Mix
- 1-3 tablespoons ice water

Add water to pie mix, small amount at a time, mixing quickly and evenly through the flour and lard until the dough just holds in a ball. Roll on slightly floured board, line pie pan, making a heavy rim around the edge.

**Filling**

- 2 cups milk
- 3 eggs
- 1/3 cup sugar
- 1/8 teaspoon salt
- 1/8 teaspoon nutmeg

Scald the milk. Beat eggs slightly and add sugar and salt. Stir constantly while adding the hot milk. Pour into pie crust. Sprinkle with nutmeg. Bake in a hot oven (435° F) for 10 minutes, then reduce heat and finish in moderate oven (350° F) for 25 minutes. Makes one 9-inch pie.

**7—LEG OF LAMB MODERNE**

Wipe meat with a damp cloth. Season with salt and pepper and rub with garlic, if desired. Place skin side down on a rack in an open pan. Do not add water. Do not cover. Roast in a slow oven (300° F) until the desired degree of noneness is reached. If a roast-meat thermometer is used it should register 175° F, for medium-done lamb, and 180° F, for well-done lamb. Allow approximately 30-35 minutes to the pound. A six pound leg of lamb will serve 6-8.

**8—BRAN BUTTERSCOTCH COOKIES**

- 1 1/2 cups lard
- 2 cups brown sugar
- 2 eggs
- 1 cup shredded bran
- 3 cups flour
- 2 teaspoons baking powder

Cream the lard, add the sugar, well beaten eggs and bran. Mix well. Sift the flour with the baking powder and add to the first mixture. Shape into a roll and store in refrigerator. When needed, slice thin and bake on cookie sheet in hot oven (425° F) for about 12 minutes. Yield: 8 dozen cookies 2 inches in diameter.

**9—A BROILED BREAKFAST**

- |       |                 |
|-------|-----------------|
| Bacon | Salt and pepper |
| Eggs  | Bread           |

Arrange the slices of bacon on the broiler rack. Place in the broiler so that the meat is three inches from the heat. When the bacon is ready to turn, remove the rack and drop eggs into the bacon drippings which have collected in the broiler pan. Sprinkle with salt and pepper. Arrange the slices of bread beside the bacon and return to broiler to finish the bacon, toast the bread and cook the eggs.

**10—SCOTCH STEW**

- 4 pounds lamb neck and shank
- 2 tablespoons lard or bacon drippings
- 1 cup pearl barley
- 3 onions
- 2 tablespoons parsley
- 3 celery tops
- 3 teaspoons salt
- 2 quarts water
- 4 potatoes
- 1 No. 2 can green beans
- 6 carrots

Have the meat cut in two-inch cubes. Brown in hot fat. Add the barley, onions, parsley, celery tops, seasoning and water. Simmer 1 1/2 hours. Add other vegetables. Continue cooking until vegetables are done. Serve on large platter, the meat heaped in the center. Arrange vegetables around the edge and pile barley on top of meat. Serves 6.

**11—PARSLEY BEETS**

- 1 can whole beets
- 3 tablespoons butter
- Salt and pepper
- 4 tablespoons chopped parsley

Drain the beets. Heat in the butter. Season. Turn into serving dish and sprinkle with chopped parsley. Serves four.

**12—A CRESCENT OF LIVER**

- Milk
- 3 cups Homemade Biscuit Mixture
- 4 slices bacon

Add enough milk to the homemade biscuit mixture to make a soft dough. Roll to one-fourth inch thickness. Spread with cooled liver mixture, allowing one inch around the edge for overlapping. Roll like a jelly roll. Brush edges with water and pinch together. Slide the roll onto a cookie sheet and form a crescent. Sprinkle with finely chopped uncooked bacon. Bake in hot oven (425° F) for 25 to 30 minutes. Serve with hot undiluted tomato soup or gravy. Serves 6.

**Liver Filling**

- 1 1/2 cups cooked liver
- 1/2 medium onion
- 1/8 teaspoon marjoram
- 1/2 teaspoon celery salt
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup tomato pulp

Grind the cooked liver and onion together. Add other ingredients. Cook slowly until thick. Cool.

**13—BANANA SCALLOPS**

- 1 egg
- 1 1/2 teaspoons salt
- 6 bananas
- 3/4 cup fine cornflakes, bread or cracker crumbs or cornmeal

Beat egg and add salt. Slice peeled bananas crosswise into one-inch thick pieces. Dip into egg and roll in crumbs or cornmeal. Deep-fat fry in a kettle of lard at a temperature of 375° F for 1 1/2 to 2 minutes or until brown and tender. Drain on absorbent paper. Serve very hot.

**14—FRENCH FRIED CAULIFLOWER**

- 1 medium sized head cauliflower
- Dry bread crumbs
- 1 egg
- 2 tablespoons cold water

Break the cauliflower into flowerets and cook gently for 10 minutes. Drain. Roll in bread crumbs, then in the mixture of egg and water and again in crumbs. Fry in deep hot lard at 375° F until browned. Drain on absorbent paper. Sprinkle with salt and pepper and serve very hot.

**15—MINT SHERBET**

- 1 cup water
- 1 cup sugar
- 1/2 large bunch of fresh mint
- 3 lemons
- 1 orange
- Grated rind of 1/2 lemon
- Green vegetable coloring
- 1 egg white

Boil water and sugar to a thick syrup. Pour quickly over the mint which has been cut fine. Cover and allow to steep for one hour. Strain over the fruit juice and rind. Add coloring if desired. When cold pour into freezing tray of refrigerator and freeze. When mushy turn into a chilled bowl and beat until smooth. Fold in the stiffly beaten egg white and continue freezing. A few drops of oil of peppermint or one-half teaspoon of peppermint extract may be used in place of the fresh mint leaves. Serves 8.

**16—PORK TENDERLOIN WITH CREAM**

- 1 pork tenderloin
- Salt and pepper
- 3 tablespoons lard
- 1 cup cream
- Flour
- 1 teaspoon lemon juice

Cut the tenderloin in individual servings. Season. Brown in hot lard. Add cream and simmer for 35 minutes or until meat is tender. Remove to a serving dish, thicken the liquid with flour, and bring to the boiling point. Remove from heat, add lemon juice, and pour over the meat. Serve with stuffed tomatoes garnished with watercress.



# Meals Planned Around the Cooking School Meat Recipes

MEAT DISH	APPETIZER OR SOUP	STARCHY FOOD	OTHER VEGETABLE	BREAD	SALAD	DESSERT
<b>Roast Beef Superb*</b>	Clear Tomato Soup Spiced Fruit Cup Grapefruit Halves	Baked Idaho Potatoes Boiled Rice Browned Potatoes	Parsley Beets* New Potatoes and Peas Buttered Cauliflower	Hard Rolls Rye Bread Hot Biscuits	Mixed Vegetable Corn Relish Orange and Grapefruit	Golden Glory Cake* Fresh Fruit Orange Sherbet
<b>Leg of Lamb Moderne*</b>	Mint Sherbet* Cream of Asparagus Soup Cream of Pea Soup	Macaroni and Cheese Parsley Potatoes Potato Souffle	French Fried Cauliflower* Parsley Beets* Buttered Carrots	Refrigerator Rolls Assorted Bread Hard Rolls	Spring Medley Vegetables Blush Pears with Cheese Stuffed Tomatoes	Mint Sherbet* Cheese and Crackers Peach & Raspberry Mold*
<b>Steaks with Creole Sauce*</b>	Grapefruit Juice Jellied Consomme Celery Soup	Baked Sweet Potatoes Sweet Potato Croquettes Boiled Rice	Corn Custard (4) Sweet Sour Beans* Broccoli	Corn Sticks Hot Biscuits Bran Muffins	Banana Nut Lettuce-French Dressing Pineapple and Cheese	Custard Pie* Bran Cookies* Fresh Fruit
<b>Round Steak Rolls*</b>	Melon Ball Cocktail Grapefruit Juice Clear Consomme	Franconia Potatoes Steamed Rice Hominy	Buttered Beets Buttered Cabbage Spinach Ring	Alabama Spoon Bread (3) Hot Biscuits Cloverleaf Rolls	Cabbage Kidney Bean Seaweed (3)	Rhubarb Pie (1) Golden Glory Cake* Brown Velvet Ice Cream (1)
<b>A Crescent of Liver*</b>	Bean Soup Cream of Mushroom Soup Split Pea Soup	Biscuit Mixture supplies starch	Scalloped Tomatoes (1) Buttered Turnips Corn a la King	Bran Muffins Assorted Breads Poppyseed Rolls	Perfection Bean Fruit	Old Fashioned Cream Pie Rice Custard Chocolate Souffle
<b>Scotch Stew*</b>	Cranberry Ice Orange Romaine Tomato Juice	Barley and Potatoes in the stew supply starch	Stewed Tomatoes Rutabagas Buttered Baby Beets	Crusty Rolls Corn Sticks Flour Muffins	Pineapple and Carrot Brussels Sprout Nut and Celery	Pumpkin Pie Molasses Drop Cookies (3) Mile-A-Minute Cake (1)
<b>Pork Tenderloin with Cream*</b>	Grape Frappe Orange Cocktail Cream of Tomato Soup	Mashed Potatoes Rice au Gratin Baked Sweet Potatoes	Julienne Carrots Sauerkraut String Beans	Brown Bread Bran Muffins Hot Biscuits	Lettuce with Roquefort Dressing Sliced Tomatoes Cucumber	Prune Mousse (4) Orange Sherbet Variety Tarts (4)
<b>The King of Steaks*</b>	Chilled Tomato Juice Grapefruit Cocktail Tomato Bouillon	Candied Sweet Potatoes Creamed New Potatoes French Fried Potatoes	Buttered New Peas Onion Rings Broiled Tomatoes	Hard Rolls White Bread Muffins	Stuffed Peach Waldorf Head Lettuce	Lemon Chiffon Pie Orange Refrigerator Cake (4) Gingerbread
<b>Veal Supreme*</b>	Orange Cup Melon Ball Cocktail Asparagus Soup	Noodles with Veal Supreme	Steamed Spinach Lima Beans Cabbage au Gratin	Banana Bread (4) Biscuits White Bread	Watercress Apple and Celery Avocado Pear	Baked Peach Custard Fresh Berry Sherbet Mock Bisque Ice Cream (3)
<b>Kalter Aufschnitt*</b>	Split Pea Soup Cream of Onion Soup Cream of Asparagus Soup	Baked Idaho Potatoes Whipped Potatoes Macaroni and Cheese	Julienne Carrots Julienne Beans Harvard Beets	Hard Rolls Assorted Crackers Rye Bread	Tomato Ring Sunday Supper (3) Chili Cheese (1)	Apple Pie (1) Cheese and Crackers Chocolate Layer Cake
<b>Savory Spinach (3)</b>	Tomato Juice Lima Bean Soup Cream of Tomato Soup	Baked Potatoes Baked Sweet Potatoes Baked Bananas	Spinach itself	Raisin Muffins White Bread Toast	Pineapple and Carrot Cole Slaw Tomato Aspic	Jellied Apple Sauce Mock Bisque Ice Cream (3) Fruit Cup

\*—Recipe in this booklet.

(1)—Recipe in booklet for first session.

(3)—Recipe in booklet for third session.

(4)—Recipe in booklet for last session.



## 17—THE KING OF STEAKS

Have porterhouse steak cut one to two inches thick. Wipe with a damp cloth. Preheat the broiler. Place steak on center of broiler rack allowing three inches between the surface of the meat and the source of heat. When steak is nicely browned on one side, it will be about half done; season, turn, and brown on the other side. Only one turning is necessary. For a two-inch steak allow 35 to 40 minutes to be medium done. Serves 3-4.

## 18—SWEET SOUR BEANS

- 1 can green beans
- $\frac{1}{4}$  cup ginger snap crumbs
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{4}$  cup vinegar
- $\frac{1}{4}$  cup liquid off beans
- $\frac{1}{2}$  cup milk

Heat green beans. Drain and save liquid. Combine crumbs, seasonings, vinegar and liquid off beans. Boil one minute, stirring constantly. Add mixture to hot milk and pour over beans. Serves 4-6.

## 19—VEAL SUPREME

- 2 pounds veal shoulder, diced
- 2 tablespoons lard
- 1 clove garlic
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  pound noodles
- $\frac{1}{4}$  pound almonds
- 2 tablespoons butter
- 1 tablespoon poppy seeds

Brown veal in hot lard with garlic. Remove garlic clove. Add water, cover and simmer until tender, 30 to 45 minutes. Cook noodles in boiling salted water for 20 minutes. Drain. Blanch the almonds, slice lengthwise into thin strips. Brown in butter and add to the noodles. Mix thoroughly and arrange in a ring on a large platter. Fill the center with the cooked veal mixture, pour liquid from the veal over the noodles and sprinkle with poppy seeds.

## 20—LAYERED PEACH AND RASPBERRY MOLD

- 2 packages raspberry gelatin
- 2 pints hot water
- 1 No. 2  $\frac{1}{2}$  can sliced peaches
- 1 can red raspberries

Dissolve gelatin in hot water. Cool. Arrange sliced peaches in loaf pan. Pour half the gelatin mixture over the peaches. Set in refrigerator to chill. Mix well drained raspberries with rest of gelatin and when quite thick pour over first layer. Chill until firm. Unmold on oval tray. Serve either as a salad or a dessert. Serves 12.

## 21—KALTER AUFSCHNITT

- 1  $\frac{1}{2}$  pounds cold meats
- Eggs
- Bread
- Butter
- Dill Pickles

Select a rectangular tray for this service. Along one side place slices of cold meat, rolled up. For variety these may be made of dried beef rolled around cream cheese or thin slices of bologna rolled and fastened with a pick on the end of which is a pickled onion.

Up the center arrange cornucopias or lilies alternated with open face sandwiches. To make—slice fresh bread very thin. Remove crust. Spread lightly with butter and roll cornerwise, fastening with a pick. Place a long thin piece of cold meat in the center to resemble a stamen.

The open face sandwiches may be made in a variety of ways. One suggestion is to cut the bread in rectangles about one by two inches. Spread with butter, prepared mustard or mayonnaise. Cut pieces of cold meat  $\frac{1}{2}$  by 2 inches. Lay along one side of bread; cover other half with thin slice of dill pickle cut same size as meat. The third row is made with deviled eggs alternated with stuffed dill pickles. To stuff the pickles, remove the center with a small corer and pack with ready prepared cold meats. Place in refrigerator to chill and just before serving, slice crosswise.

## 22—PHILADELPHIA PEPPER POT

- 4 slices bacon
- 1 onion
- 1 green pepper
- 2 quarts soup stock
- 1 pound honeycomb tripe
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- 3 potatoes
- 2 tablespoons flour
- 2 tablespoons butter
- $\frac{1}{2}$  cup milk

Dice bacon and brown. Add diced onion and green pepper. Cook gently for 5 minutes. Add stock and tripe which has been washed and shredded. Season. Simmer for one hour. Add potatoes and cook for 30 minutes. Mix the flour and butter to a smooth paste and thicken soup. Just before serving add milk. Serves 5.

## 23—LIVER AND BACON SANDWICH

- 4 slices liver
- 8 slices bacon
- Cream
- Bread

Have liver sliced very thin. Brown with bacon until crisp and done. Mince both liver and bacon together. Add enough cream to make a paste that is easy to spread on slices of bread. Hard cooked eggs and capers may be chopped and added if desired.

## 24—HOMEMADE BISCUIT MIXTURE

- 8 cups flour
- $\frac{1}{4}$  cup baking powder
- 4 teaspoons salt
- $\frac{1}{2}$  cups lard

Sift the flour and measure. Sift again with the baking powder and salt. Cut in the lard until the mixture has a fine even crumb. Place in a closed container and keep in refrigerator, using as desired. This mixture will keep at least a month in the refrigerator. It will yield five batches with two cups of the mixture to the batch. It may be used for biscuits, dumplings, shortcake, waffles, muffins, quick coffee cake and dozens of other things.

## 25—ORANGE QUEENS

- 1  $\frac{1}{2}$  cups flour
- 1  $\frac{1}{2}$  teaspoons baking powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  cup lard
- 1 cup sugar
- 2 eggs
- $\frac{1}{2}$  cup orange juice
- 1 tablespoon lemon juice
- 1 teaspoon grated orange rind
- 1 teaspoon grated lemon rind

Sift the flour, measure and sift again with the baking powder and salt. Cream the lard with the sugar and the grated orange and lemon rind. Add the egg yolks and beat well. Alternately add the flour mixture with the orange and lemon juice. Fold in the stiffly beaten egg whites. Bake in muffin pans in a moderately hot oven (375° F) for 20-25 minutes. Ice with Yellow Topping.

## Yellow Topping

- 1 egg yolk
- $\frac{1}{8}$  teaspoon salt
- 2 teaspoons lemon rind
- 2 tablespoons orange juice
- 2 teaspoons lemon juice
- 3 cups confectioner's sugar

Beat egg yolk with fruit juices and rind. Add confectioner's sugar to make of spread consistency. Cover the Orange Queens.

## 26—CREOLE KIDNEY

- 1 fresh beef kidney or 6 lamb kidneys
- 6 slices of bacon
- 2 small onions
- 1 green pepper
- 1 cup tomato juice
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- Bit of bay-leaf
- 1 tablespoon flour
- Cold water

Trim kidney and cut into half-inch slices. Dredge with flour. Brown diced bacon. Combine kidney and bacon. Add chopped onions and chopped green pepper. Stir until the meat is well seared. Add tomato juice, salt, pepper and bay-leaf. Cover closely and simmer about  $\frac{1}{2}$  hour. Mix flour and water to a paste. Add a small portion of the hot mixture, stirring to prevent lumping, then add this to the rest of the hot creole and cook until thickened, stirring constantly. If desired, this may be served on toast points.



**27—BAKED LAMB LOAF**

- 2 pounds ground uncooked lamb
- 1 cup milk
- 1 egg
- 1 cup cracker crumbs
- 2 tablespoons chopped parsley
- 2 tablespoons minced onion
- 1 green pepper, minced
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper

Combine all the ingredients thoroughly and pack into loaf pan. Bake in moderate oven (350° F) for 1 hour.

**28—BRAISED SHANKS AND DUMPLINGS**

- 3 pounds cross cut shank slices of beef
- Flour
- Pepper
- 3 tablespoons lard
- Water
- Salt

Have slices cut two inches thick. Dredge shank slices with flour and season with salt and pepper. Brown in hot lard. Add one cup water and allow to simmer about two hours or until done. Add additional water as needed. Serve with dumplings.

**Dumplings**

- 2 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 3/4-1 cup milk

Sift flour, baking powder, and salt together. Add milk to make a stiff drop batter and mix. Drop by tablespoons on top of the braised shanks. Cover tightly and steam 12 to 15 minutes.

**29—LAMB AND MINT SANDWICH**

- 2 cups chopped lamb
- Mint leaves
- Mayonnaise
- Lemon Juice
- Green coloring
- Bread

Use left-over cold chopped lamb. Season with chopped mint leaves. Mix with mayonnaise and lemon juice to taste. A little green coloring may be added to the mayonnaise for attractiveness if desired.

**30—HOMINY AU GRATIN**

- 1 1/2 tablespoons butter
- 3 tablespoons flour
- 1/2 teaspoon salt
- 2 cups milk
- 1/4 pound cheese
- 3 cups cooked hominy

Make a white sauce of the butter, flour, salt and milk. Add cheese just before removing sauce from the fire. Pour the sauce over the hominy in a buttered baking dish and bake in a moderate oven (350° F) for 30 minutes until well browned.

**31—BAKED DINNER**

- 3 cups sliced raw potatoes
- 1 can corn
- 1 can peas
- 1 can tomatoes
- 1 1/2 pounds ground beef
- 1/2 cup grated onion
- Salt and pepper

Arrange a layer of potatoes in a greased baking dish. Season well. Add a layer of corn, a layer of peas and top with the meat which has been seasoned, mixed with the onion and shaped into small patties. Pour the tomatoes over all. Cover and bake in a moderate oven (350° F) for 1 1/2 hours. Serves 8-10.

**32—BROILED BEAN SANDWICH**

Toast bread on both sides; butter and cover with layer of canned baked beans seasoned to taste. Top with slice of American or Old English cheese. Broil until cheese is melted. Serve at once with a strip of broiled bacon on top.

**33—HORSERADISH MEAT LOAF**

- 2 pounds ground beef
- 1 pound ground pork
- 1/4 cup grated onion
- 1/2 cup horseradish
- 1 teaspoon mustard
- 2 eggs
- 1 cup cracker crumbs
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup tomato catsup

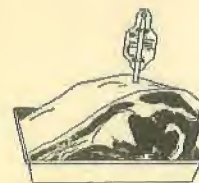
Mix all ingredients except the catsup. Pack into well-greased loaf pan. Cover top with tomato catsup. Bake in a moderate oven (350° F) for 1 hour.

**Simple Rules for Successful Meat Cookery**

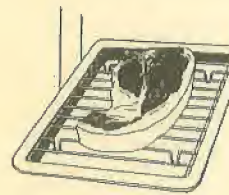
**M**EAT cookery is as simple as A B C, if a few fundamental rules are mastered. Tender meat cuts are cooked by dry heat; the less-tender cuts by moist heat. There are only six general methods of cooking meat and these are given below. Meat recipes are all variations of one method or another.

**DRY HEAT****ROASTING**

1. Season with salt and pepper.
2. Place on rack, fat side up.
3. Do not add water.
4. Do not cover.
5. Do not baste.
6. Roast in a slow oven (300-350° F) until meat thermometer shows desired doneness.

**BROILING**

1. Preheat the broiling oven.
2. Place meat on broiling rack with top surface 3 inches below source of heat.
3. Oven door should be open.
4. Broil on one side until nicely browned (will be about half done), turn, finish broiling.
5. Season with salt and pepper.



6. Serve on a hot platter.

**PANBROILING**

1. Heat a heavy frying-pan until it is sizzling hot.
2. Place meat in hot pan—do not add fat or water—do not cover pan.
3. Brown nicely on both sides.
4. Reduce the temperature and cook until done, turning from time to time.
5. Pour off fat as it accumulates in the pan.

**MOIST HEAT****BRAISING**

1. Season with salt and pepper, dredge with flour.
2. Brown on all sides in hot lard.
3. Add a small quantity of liquid.
4. Cover closely.
5. Cook it slowly until done.

**STEWING**

1. Cut meat into 2-inch cubes.
2. Season with salt and pepper.
3. Brown, if desired, on all sides in hot lard.
4. Cover with boiling water.
5. Cover kettle tightly.
6. Cook slowly until done. Do not boil.
7. Add vegetables just long enough before serving so they will be done.

**COOKING IN WATER**

1. Cover meat with boiling water.
2. Season with salt and pepper.
3. Cook slowly. Allow to simmer—not boil.
4. Add vegetables, if desired, just long enough before serving so they will be done.

